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BULLETIN

OF THE

National Tuberculosis Association

Vol. V NOVEMBER, 1918 No. 2

How the Red Cross Money Will be Distributed

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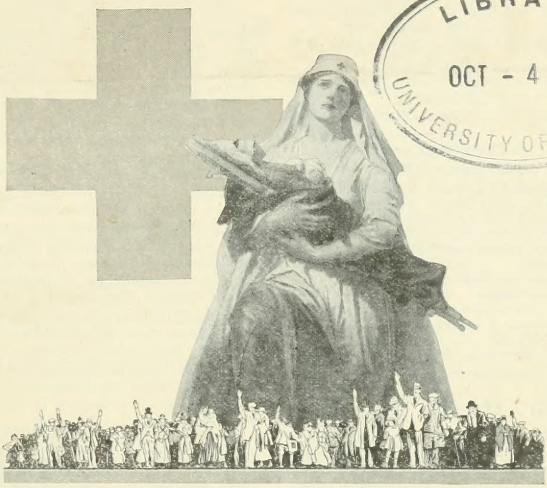

Stand Up and Be Counted!

The Executive Committee of the National Tuberculosis Association announces the following plan for the distribution of the $2,500,000 appropriated by the American Red Cross for the support of the anti-tuberculosis movement in the United States during the year 1919:

1. Ten per cent. (10%) of the appropriation, that is $250,000, will be set aside for the support of the National Tuberculosis Association and for a missionary fund.

2. Each state and general agent, who was under direct contract with the National Tuberculosis Association in 1917, will be allowed an amount equal to the gross proceeds from the sale of 1917, this allotment to be net to the state or other organization without any deductions or commissions. The National Association reserves to itself the privilege of suggesting necessary forms of reorganization in such state associations before appropriations are made.

3. The remainder of the appropriation, amounting to approximately $450,000, will be distributed to the state organizations and those local organizations that were under direct contract with the National Association in 1917 in proportion to the Red Cross members enrolled in their respective territories during the coming Christmas Roll Call, the ratio of distribution to be determined by the proportion of members enrolled in such territory to the total membership in the United States enrolled in the coming Christmas Roll Call. It is provided, however, that under no circumstances will any state or other agency dealing directly with the National Association receive an amount in excess of the budget submitted during the months of August and September, 1918, to the National Tuberculosis Association.

4. After the payments to state and other organizations have been made on the basis of paragraphs 2 and 3, if any state feels that the amount allotted to it is not sufficient for its needs, such state may submit a budget or statement indicating in detail what further needs should be met. The Executive Committee of the National Tuberculosis Association will then determine on the merits of each case, whether any appropriation should be granted to such state or city from the missionary fund and the amount of appropriation to be so granted.

5. The appropriations will be made to various state and other organizations quarterly, the first allotment of approximately one-half of the gross proceeds for 1917 being made on or about January 1, 1919.

6. The Executive Committee of the National Tuberculosis Association reserves the right to withohld or modify appropriations, which, in accordance with the reports to be submitted, are not in harmony with the budgets previously presented to the National Association.

7. The appropriations will be made to the state associations without any conditions regarding the distribution of the money in their respective districts. The National Association will not assume responsibility for the division of the money in the several states. Suggestions will gladly be made where they are requested.

BULLETIN
OF THE
National Tuberculosis Association
Published Monthly
In the Interest of Workers Engaged in the Anti-Tuberculosis Movement by the
National Tuberculosis Association
381 FOURTH AVENUE NEW YORK CITY

Vol. V Nov. 1918 No. 2

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Mr. Daniels Resigns

Readers of the BULLETIN particularly will regret to hear that Mr. John Daniels, who has been serving as publicity secretary of the National Tuberculosis Association since May 1st, 1918, has resigned. Mr. Daniels resigned on October 31 to accept the position of Chief of the Division of Neighborhood Agencies and Organization in the nation-wide Americanization study which is being conducted by the Carnegie Corporation of New York under the general direction of Allen T. Burns.

Under the direction of Mr. Daniels the BULLETIN and other publicity work of the National Tuberculosis Association has been taken out of its routine and has developed along new lines. Until his successor can be appointed, it is possible that some of his ideas, particularly relating to the BULLETIN, may have to be held in abeyance, but it is hoped in the near future to be able to carry on the work without serious interruption.

Mr. Daniels wishes to express through the BULLETIN the interest he has felt in the anti-tuberculosis campaign and the pleasure he has derived from many personal relationships which have developed in the course of his work. He hopes these relationships may continue, if unofficially, and he will always be happy to cooperate in promoting the campaign as opportunity offers.

Occupational Therapy and Vocational Training for the Tuberculous

The Surgeon General's office has already begun giving instruction in various vocations in the general hospitals. At the New Haven Tuberculosis Hospital, for example, there is a chief educational officer with a corps of teachers. Women workers are giving bedside instruction in simple tasks that will occupy the minds of the convalescent patients. Those who are able to be up and about are being taught according to their needs,—reading, writing, English, arithmetic and other subjects. Typewriting is also being taught. There is an automobile repair shop where the more nearly recovered patients are given vocational training in this department of industry. An expert has been giving instructions during the summer in gardening.

The Federal Board for Vocational Education is rapidly developing its plans for the training and placement of men who are discharged from the army hospitals because of disability from accident, wounds or disease. District offices are being established throughout the United States. The Board is planning in a big broad way to take care of a big problem and is particularly interested in the serious problem of the training and placement of arrested cases of tuberculosis. Full reports of the Board's plans will appear in the BULLETIN from time to time.

Sanatorium Construction

The subject of general hospital and sanatorium construction is engaging the immediate attention of the War Industries Board. Col. F. F. Simpson, Medical Adviser to the Board, is undertaking a complete survey of the United States to determine where general hospitals and tuberculosis sanatoria are most needed. Because of the demand for labor and materials for the conduct of the war, it is quite impossible for the War Industries Board to permit the erection of hospitals except where the need is most urgent. It is suggested that information concerning proposed sanatoria be forwarded at once to the National Tuberculosis Association. Informtation concerning votes taken in various cities and counties, appropriations obtained, sites purchased, plans developed or contracts let should be forwarded promptly to the National Association which is gathering data for the War Industries Board.

The War Industries Board controls building materials, in the case of all building, irrespective of the expenditure involved. The Capital Issues Committee is concerned only with the issue of stocks, bonds and other securities for amounts of $100,000 or more.

Vocational Study of Tuberculosis

For the purpose of making a vocational study of tuberculosis with particular reference to the employment of arrested cases, Dr. H. A. Pattison, Medical Field Secretary of the National Tuberculosis Association, has been loaned for a period of three months to the Federal Board for Vocational "Education." A committee composed of men and women throughout the country interested particularly in the matters relating to the employment and vocational training of tuberculous patients will be formed to work with Dr. Pattison and the Federal Board. It is planned to make a study of all of the various experiments that have been tried and also to study industries of any kind that might offer either as a whole or in part certain opportunities for the employment of tuberculous men and women. Primarily the study will have to deal with the discharged tuberculous soldier. Ultimately, however, it will have a direct bearing upon the employment of any and all kinds of arrested cases of tuberculosis.

The National Association believes that the future development of the entire campaign for hospitals and sanatoria depends to a very large degree upon the effective after-care and employment of discharged cases. This problem has been one of the most vexing ones that has confronted tuberculosis workers for a decade. The opportunity afforded by the Federal Board for vocational education is one that opens up great promises for the future.

Tuberculosis in Cattle

The 1919 Agricultural Appropriation Bill provides that the Federal Government shall pay indemnity to owners whose live stock is slaughtered because infected with tuberculosis.

The Department of Agriculture is to pay one-third the difference between the appraised value of the cattle and the salvage of the slaughtered animals, provided that the state, county or municipality pays an equal amount.

The loss to the country from this cattle plague is said to average $40,000,000 per year. The danger to those who drink infected milk, especially children is serious. It is estimated that fifteen per cent. of pure bred cattle are affected with tuberculosis and post-mortem inspection indicates that the disease is increasing among swine.

St. Louis and Shreveport-Bonoin

At St. Louis, the local society, having started and then persuaded the city to take over an open air school for white children, now proposes to establish a similar school for Negro children.

In Shreveport, Louisiana, the present tuberculosis hospital for white patients, which is being replaced by a new and larger building, will be maintained for Negro consumptives, and special educational work is being undertaken for this element of the population.

The Framingham Demonstration

No. 5: Standards of Diagnosis

By D. B. Armstrong, M.D., Executive Officer

These monthly articles in the Framingham series began in July, 1918

The Demonstration has recently published the third edition of "Diagnostic Standards." This edition contains all of the material originally prepared on the diagnosis, classification, and treatment of tuberculosis in adults. In addition, it contains a new set of standards dealing with the diagnosis and treatment of tuberculosis cervical adenitis. In the preparation of these new standards a committee of specialists was engaged, constituted as follows: Dr. Arthur K. Stone, Chairman; Dr. Frank B. Mallory; Dr. Fritz B. Talbot; Dr. R. A. Coffin; Dr. Channing Simmons; Dr. John B. Hawes, 2nd; Dr. Allen K. Krause; Dr. L. M. S. Miner; Dr. Charles R. Turner. Though the subject matter of the resulting report is more technical than what is usually published in the BULLETIN, the problem of tuberculous glands of the neck has long been such a vexed one, and is one of such importance to both medical and lay workers in the case of children that a summary is quoted below:

1. Enlargement of the Cervical Glands:

From a clinical point of view cervical glands should not be considered pathologically enlarged unless they can be easily seen or felt. The small node-like enlargements without symptoms frequently found in children, which remain for varying periods, should not be so considered. Glands of larger size should receive serious attention. Enlarged cervical glands in children under two years of age are usually due to some acute inflammatory process rather than tuberculosis.

Any well marked enlargement of the anterior cervical glands that persists for several months after throat and mouth infections have been relieved should be considered tuberculous.

2. Exposure:

When the cervical glands are found to be enlarged, according to the above standards, in children or adults in whom there has been known exposure to tuberculosis from human or bovine sources, tuberculosis as a cause of such enlargement should be seriously considered. Such exposure as this, however, does not constitute absolute proof that the glands are tuberculous.

3. Other Causes of Enlarged Cervical Glands:

Enlargement of the cervical glands may take place following or during the acute infectious diseases of childhood, and also following acute and chronic tonsil infections, pharyngitis, carious teeth, leukemia, Hodgkin's disease, syphilis, middle ear diseases, eczema, mycosis, or irritation of the ear and scalp, etc. Enlarged glands posterior to the sternocleidomastoid muscle are usually non-tuberculous, especially in children.

4. Constitutional Signs and Symptoms when the Cervical Glands are Enlarged:

When the cervical glands are enlarged as defined above, and particularly when the patient is obviously below par in strength, endurance, and size and is suffering from certain constitutional signs and symptoms, such as anaemia, malnutrition, fever, rapid pulse, loss of weight and strength, as defined in the preceding pages, tuberculosis should be seriously considered as a possible cause of enlargement of such glands.

5. Duration of Enlarged Glands:

As a general rule, tuberculosis should not be considered to be the cause of cervical gland enlargement unless the enlargement persists for several months. It is a safe rule in children to consider any gland tuberculous that has been enlarged for three months or more following the elimination of other obviously possible causes, such as diseased tonsils, carious teeth, etc. Under these circumstances it is wise to treat the gland as tuberculous.

6. The Relation of Diseased Tonsils and Carious Teeth to Enlarged Cervical Glands:

In any case of enlarged cervical glands, diseased tonsils or adenoids should be removed, and carious teeth treated or removed. While tuberculosis as a cause of the enlargement of such glands cannot be ruled out, even in the presence of evident focal infection as diseased tonsils or adenoids and carious teeth, it is better to take it for granted that such glands are not tuberculous until the effect of the removal of tonsils and adenoids and cleaning up the teeth has been observed. If, in spite of the removal of such foci of infection, the glands still remain enlarged, it is fairly conclusive evidence that the enlargement is due to tuberculosis.

7. Pathological Examination:

In a case where there is any doubt as to the diagnosis it is better, particularly in adults, to remove a gland and submit it to a pathological examination to determine the exact nature of the enlargement. Tonsils and adenoids that have been removed should be examined for tuberculosis histologically and by animal inoculation. If these are found to be tuberculous it is wise to conclude that the enlarged glands are likewise tuberculous.

8. Confirmatory Evidence:

Confirmatory evidence may be secured through the tuberculin skin test and the x-ray and is, of course, to be found in manifest tuberculous conditions in other parts of the body.

THE TREATMENT OF TUBERCULOUS CERVICAL ADENITIS

1. Tuberculous cervical adenitis should always be treated as a general disease with local manifestations.

2. All possible portals of entry of infection, such as teeth, nasopharynx, tonsils, infections of the ear and scalp, etc., should be examined and treated.

3. There is no short road in the treatment of cervical adenitis. All of the methods of treatment should be carefully considered in each individual case and whatever line of treatment is instituted hygiene should play a most important part.

4. Tuberculin, surgery, heliotherapy, and x-ray may be valuable in the treatment of tuberculous cervical adenitis when associated with hygienic treatment. No one method of treatment should be used to the exclusion of others. Do not treat the "lumps in the neck," but treat each individual case as it presents itself, using any or all of the above methods to accomplish the desired results.

Two Institutes in 1919

Because of the unusual demands for membership in the Institute for Tuberculosis Workers in 1918, it has been decided to hold two institutes in 1919. These institutes will be held under the auspices of the New York School of Philanthropy and under the direction of Mr. Jacobs of the staff of the National Tuberculosis Association.

The dates of the first institute will be January 27th, to February 12th and of the second institute, May 26th, to June 11th. While the dates for the annual meeting of the National Tuberculosis Association have not yet definitely been fixed, the second institute dates will probably come just before the annual meeting and will overlap the National Conference of Social Work. The courses of the two institutes will be identical with the possibility of some changes in personnel.

The institutes afford an unusual opportunity for training of new workers or for additional training for those who are already in the field because the institute takes up a careful study of methods and programs of work. Under the study of methods such problems as educational methods of various kinds, institutional, dispensary, nursing, industrial and other methods of work are carefully discussed. The matter of programs is taken up with reference to large and small cities, states and the nation, and the relation of one to the other is carefully studied. The relation of other health and social agencies to the tuberculosis work is also given consideration.

The plan of the institute is that of the roundtable or informal discussion. The number is necessarily limited to not more than thirty. The various topics are presented by experts and discussed in detail by the members of the group. Visits to important institutions and agencies that have a bearing upon the program of the institute are a part of the regular course.

The only fee connected with the institute is the registration fee of $10.00. Satisfactory board and room can be secured in New York for from $15.00 to $18.00 per week.

Membership in the institute is by invitation only. Anyone, however, may apply for admission. All applications should contain a full account of training and previous experience in social or public health work and be sent to Philip P. Jacobs, 381 Fourth Avenue.

Public Health for Social Workers

The Minnesota Public Health Association is cooperating with the extension division of the state university in conducting a sixteen weeks' course in "The Fundamentals of Public Health." This is not intended to turn out nurses or health officers, but simply to acquaint social workers and others interested in civic betterment with the public health resources of the community.

Suggestions from the Field

This department of the BULLETIN is designed to give brief information regarding anti-tuberculosis activities in different parts of the country. The items published are presumed to deal with new lines of work or new methods and to contain suggestions of general value. Tuberculosis workers are invited to send appropriate information to the National Tuberculosis Association, marked "Exchange Service."

Note Our New Address

Some state and local tuberculosis associations are still sending mail to the National Association at its former address, 105 East 22nd Street. Please see that mailing lists are corrected to the present address, 381 Fourth Avenue.

Directory Changes

Homer W. Borst has resigned as secretary of the Florida Anti-Tuberculosis Association to enter Red Cross work; successor not yet appointed.

R. V. Spencer has been appointed secretary of the Massachusetts Anti-Tuberculosis League.

The Headquarters of the Missouri Association for the Relief and Control of Tuberculosis have been changed from Columbus to 911 Locust St., St. Louis.

The South Carolina Anti-Tuberculosis Association, of which Miss Chauncey Blackburn is executive secretary, has moved its office to 211 Union National Bank Building, Columbia.

In the absence in Italy of Dr. Robert G. Paterson, Mrs. Ruth Van Doren is acting secretary of the Ohio Society for the Prevention of Tuberculosis.

The New York City Tuberculosis Committee will be under the direct supervision of Lawrence Veiller, Director of the Department for Improving Social Conditions of the Charity Organization Society.

Food Primer

What is stated to be "the only food book of its kind" has been published by the bureau of food supply of the New York Association for Improving the Condition of the Poor. It is "not a recipe book, for profit, but a simple primer of vital food facts, for educational purposes solely."

This primer, which is a very attractively printed and illustrated booklet of twenty pages, deals with the best food and the best ways of preparing food for children. It "shows American housewives and mothers how to get the greatest food value for every cent they spend; how to select a proper balance of foods to insure the health and growth of their children." The booklet was prepared by Lucy H. Gillett, food specialist of the Association.

The prices for single copies and quantity orders, which are nominal, may be obtained from the Association at 105 East 22nd Street, New York City.

Two Items From Maine

Most of the monthly bulletins of tuberculosis associations have developed from occasional bulletins. The bulletin of the Maine Association, however, is going through the opposite process of contraction.

To quote the secretary, it "started out as a quarterly, but is now published only in October and January, with the strong probability of being reduced to the January number. The cost of issuance is so great that we are thinking of spending the money for the October issue in regular newspaper paid advertising, such advertisements to be scattered through the year, and put into the leading papers covering various sections of the state. We think we will be likely to get better results from this latter method. The January issue will contain annual reports, and outline the work for the ensuing year."

The first open air school in Maine has now been opened, at Portland. A demonstration of open air school methods was featured in the program of the State Teachers' Convention, at which some 5,000 teachers from all over the state gather. The expense of the school is divided. "The school board furnished two rooms on the second floor, ordinary school equipment, heat and janitor, and pays $800 toward the teacher's salary. The Association pays the balance of salary, and furnishes cots, blankets, and suits for the twenty children. We may also furnish food."

Vermont Annual Report

On the assumption that an annual report of some sort is probably a necessary evil, it may be that the way to reduce this evil to the minimum is to reduce the report to a minimum, by confining it, as the Vermont association has done, to a little 12-page booklet, size 3½ x 6 inches, simply and inexpensively printed. There it is, ready to answer questions if asked, but it doesn't obtrude itself.

The other way is to try to make the annual report popularly attractive in form and interesting in substance. But after all it's an "annual report" and as such suffers for the sins of its ancestors and kin. Perhaps it is better to spend the same money on something that isn't up against this prejudice.

On the Job in Bergen

A commendable demonstration of keeping currently on the job in local tuberculosis work is being given by Miss Virginia M. Chetwood, secretary of the recently organized Anti-Tuberculosis Association of Bergen County, N. J.

Miss Chetwood apparently has the capacity, which is none too common, of turning to timely local account material and developments pertaining to the country as a whole. After the annual meeting of the National Tuberculosis Association in Boston, for instance, she "got busy" with her local papers, with the result that they published interviews and editorials driving home for Bergen County some of the main conclusions reached. Then when the federal Children's Year drive began, Miss Chetwood dug up the figures of births and deaths for Bergen County, and got the facts before the county through the press. Again, when the federal War Labor Board announced standards to govern the employment of women, this alert secretary got out a newspaper appeal to the industrial concerns of the county to see that these standards were locally enforced.

Rousing South Carolina

The work of the South Carolina tuberculosis association is being organized and a lively program laid out by the executive secretary, Miss Chauncey Blackburn.

During the summer, as one of her first steps, Miss Blackburn decorated the state with two-color posters calling attention to the number of deaths from tuberculosis, but pointing out that the disease is both preventable and curable. Most of these posters were put in railway stations, especially in rural sections, where, in waiting for the trains which are seldom in a hurry in that state, they might be read at leisure. The tacking-up of the posters was not disposed of off-hand, but entrusted to people who were really interested, including rural nurses, country demonstrators, agents of the Children's Society, and a colored worker of the state board of health.

A map has been made with the soldier poster "Your Country Demands Fitness" above, and below it this invitation: "See from the map how many unfit have returned to your county." Colored tacks show the men rejected and soldiers discharged on account of tuberculosis. This map will be exhibited at fairs and used at the psychological moment with the legislature. The state board of health has a nurse working among these men.

"The biggest step forward," writes Miss Blackburn, "is the installation of a state supervisor of nurses," whose salary the association is paying till January, when the state board of health will take over the expense. Among other activities this supervisor will conduct an emergency course for the training of nurses.

Shaping Up Legislation

The open season for legislation will soon be on, and tuberculosis agencies may well begin to get things lined up for public health measures in which they are interested. For to be sure of getting anything through a legislature, you have to begin early and stick late.

The Iowa association is one of the first to get started. Writes the secretary: "The current issue of *The Campaign* contains an abstract of the present Iowa laws on tuberculosis, as a starting point for consideration of a legislative program for 1919, when our Iowa legislature again meets. The legislative committee of the Iowa Tuberculosis Association met on June 18 and outlined in a general way the specific anti-tuberculosis legislation which was considered of immediate importance, and appealed to the State Board of Health to take the initiative in securing the necessary enabling legislation to facilitate and encourage the employment of full time local public health officers, to provide for the notification and registration of tuberculosis, and the segregation of careless tuberculous individuals."

Advertising a Conference

Good suggestions for advertising tuberculosis conferences may be found in the way Miss Garnett Isabel Pelton, who served as secretary of the Southwestern Tuberculosis Conference at Denver on a hurry call, advertised that gathering.

A colored slide, announcing the meeting, was shown for a week to ten days in advance at the twelve largest motion-picture theatres.

The film entitled "The Great Truth," was shown for eight consecutive nights in the smaller outlying theatres, to audiences averaging four or five hundred, and including Jewish, Italian and other foreign groups.

Special one-color window cards were placed in stores, business buildings, federal, state and city offices, and the headquarters of social service organizations. Colored posters were distributed in the suburbs. All clergymen were notified, and asked to announce the conference in their bulletins or from the pulpit. Preliminary programs were widely circulated, and the newspapers were well supplied with stories.

That's the way!

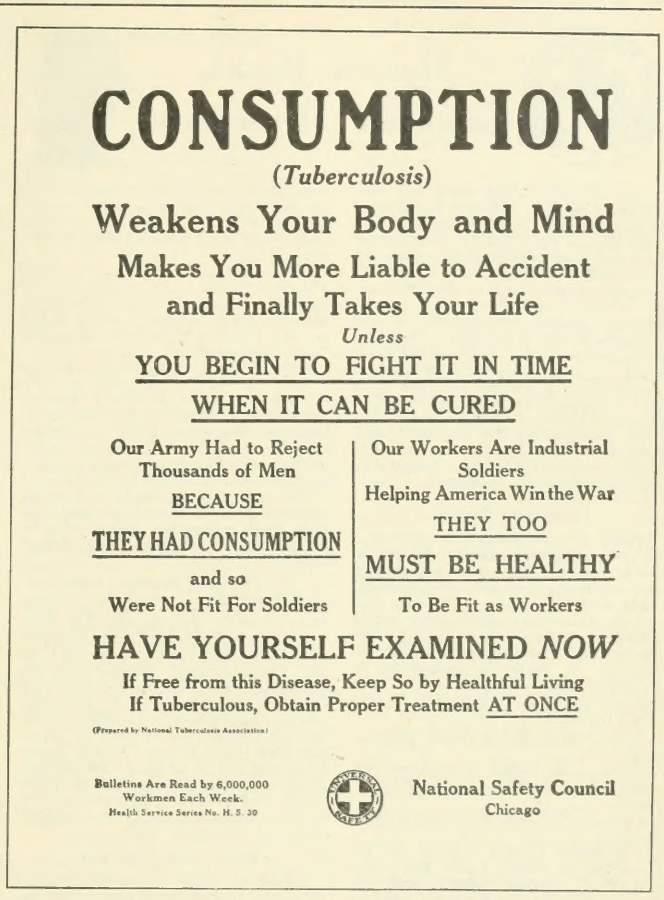
Live Work in Grand Rapids

Another local association which has entered upon a live publicity campaign is the Anti-Tuberculosis Society of Grand Rapids, Michigan, of which Miss Annie J. Morrison is secretary.

A special exhibit was recently prepared and shown at the state fair. In the background tuberculosis is shown, as death, reaping a vaster toll of human lives than even the Kaiser, who stands, as his companion beside him. Thus the striking statement by Dr. Livingston Farrand, as to the comparative mortality of war and tuberculosis, was utilized. Among ten other large posters, made by high school students, one which attracted much attention was blank except for three lines at the top, which read: "This space was reserved for the 300-bed sanatorium which Grand Rapids *was* to have erected in 1918."

Twice a week Modern Health Crusade

(*Continued on page 6, Col. 3.*)


CONSUMPTION
(Tuberculosis)
Weakens Your Body and Mind
Makes You More Liable to Accident
and Finally Takes Your Life
Unless
YOU BEGIN TO FIGHT IT IN TIME
WHEN IT CAN BE CURED
Our Army Had to Reject Thousands of Men
BECAUSE
THEY HAD CONSUMPTION
and so
Were Not Fit For Soldiers
Our Workers Are Industrial Soldiers
Helping America Win the War
THEY TOO
MUST BE HEALTHY
To Be Fit as Workers
HAVE YOURSELF EXAMINED NOW
If Free from this Disease, Keep So by Healthful Living
If Tuberculous, Obtain Proper Treatment AT ONCE
(Prepared by National Tuberculosis Association)
Bulletins Are Read by 6,000,000 Workmen Each Week.
Health Service Series No. H. S. 30
National Safety Council
Chicago

Health Work of National Safety Council

Reproduced above, in reduced size, is a bulletin recently published, from copy prepared by the National Tuberculosis Association, by the health service section of the National Safety Council. These health bulletins, supplementing others dealing more specifically with accident prevention, are based on the demonstrated fact that sickness increases industrial risk while good health makes for safety.

Bulletins concerning either avoidance of accident or prevention of disease are issued three times a week, and posted in succession on conspicuous bulletin boards throughout the factories. For executives, a special weekly bulletin is sent out. A monthly "Safe Practice" pamphlet goes into technical detail, and a news-letter also issued monthly reports latest developments in the field of industrial safety. Lantern slides, motion pictures, library and information service are also utilized.

"To have saved the lives of five thousand workmen in four years is not only a noteworthy achievment," writes Dr. F. L. Hoffman, statistician of the Prudential Insurance Company of America, "but one which carries an almost endless train of beneficial results. These men to-day are playing their part in the production of raw and manufactured material so necessary in these times of war. Their wives and families still have the support of the breadwinner. A great economic loss has been averted. There are five thousand fewer graves."

Further details and sample bulletins may be had on request from W. H. Cameron, General Manager, 208 South La Salle St., Chicago.

Modern Health Crusaders Department

The National Association has now published the Roll of Health Knighthood and the Health Chores Questions sheet (see Manual, pp. 6 and 9). The former is a wall-chart supplying the means for graphically recording the Crusader's progress from Page to Knight Banneret. It is strikingly effective in competition between individuals, classes and schools, and in the state and national health tournaments. With the questions sheet the school teacher is enabled to give systematic promptings to the child on his health chores to be performed at home and at school. The prices per hundred are $2.40 for the Roll of Health Knighthood and 55c. for the questions sheet, transportation extra. Sample copies will be sent free on request.

December Meeting

There is no difficulty in making a health meeting interesting to children on the subjects for December: tuberculosis and respiratory diseases, how to prevent colds, Red Cross seals. Abundant free printed matter is available, such as the following, from which the teacher can choose facts that appeal especially to children. It should be remembered to illustrate points with exhibits or with comparisons from the wonder world about the child:

Some Talking Points About Tuberculosis,

Sitting and Sleeping in the Open Air,

What You Should Know About Tuberculosis,

Open-Air Schools and Open-Window Rooms,

The Health Playlets — David and the Good Health Elves, Judith and Ariel, and others. Sample copies of each will be sent free by the National Association.

"Common Colds," Supplement No. 30, to the Public Health Reports, sent free by the U. S. Public Health Service, Washington. "Tuberculosis Primer for School Children," sample copies furnished by the California Bureau of Tuberculosis, Sacramento. "Keep Well Stories," sold by the *Journal of the Outdoor Life*, 381 Fourth avenue.

We have space here only for the following skeleton outline of subject matter. As this is too long for one meeting, selections should be made by the Crusade master.

Tuberculosis—the disease that kills the most people. Consumption is tuberculosis of the lungs. Tuberculosis — preventable and curable if the fresh air, good food and rest treatment is taken early under a physician's advice: Not inherited but caught. Discovery of the cause with a microscope in 1882. The tubercle bacillus. Germs—the cause also of pneumonia, colds and Spanish influenza; taken into the body from others—sneezes, coughs, spitting; carried in droplets and dust; by hands, common cups and towels, biting the other child's apple, etc.

Avoid getting the germs: keep clean. (Analyse chores 1, 2, 3, 5, 10 and 11.) Resist the infection you fail to avoid, by keeping strong. (Analyse chores 6, 7, 8 and 9.) Read "A Wonderful Stream" in "Keep Well Stories."

Need of fresh air. Drafts no cause for a cold: a benefit, provided you are clothed so as not to be chilled. Open-air school-children have less sickness and do better in classes than pupils in ordinary schools. All children should have open-window schoolrooms. Sleeping porches: no night air bad except last night's.

To escape colds, besides guarding against germs, eliminate freely and regularly, drink at least four glasses of water (chore 4), do all the "keep strong" chores.

Red Cross Christmas Seals

Read the story so entitled in "Keep Well Stories." Display the 1918 seals, which are to be awarded ten to each person joining the Red Cross (senior) for 1919. No seals sold. (Sample seals may be obtained from your state association or the National Association. The latter will also send a booklet of 1908 seals, the first seals issued by the National American Red Cross, to any Crusade master on receipt of a 3c. stamp.) Interest each child to become either a member of the Junior Red Cross or a senior Red Cross member during the Red Cross Christmas Roll Call, December 16-23.

Notes and Pointers

William A. Gleason, superintendent of the Grand Rapids public schools, has announced that Crusade work is to be placed in the regular curriculum. It has been promoted in Grand Rapids by the Anti-Tuberculosis Society in connection with the Junior Red Cross.

Miss Ida Spaeth, M. H. C. secretary in Oklahoma, writes: "We are planning to launch the Crusade work in a very large way. We have some five hundred teachers who have made application for Crusade material. If the war does not interfere and call us away, we are going to lead the states in the Crusade this year. Watch us grow."

Mrs. R. A. Morton, executive secretary of the Wyoming Public Health Association, and Miss Kathryn M. Wilson, the school nurse at Cheyenne, are this year systematically organizing the school children of that city from the fourth grade through the eighth in a Crusade league. Last year the children were put to doing the health chores without being banded into a distinct organization. The meeting for effecting an organization and election of officers, held in a school auditorium, was filled to overflowing with children. Meetings will be held on the first Friday of each month. The first part of each meeting will be devoted to educational talks or exhibits made of lively interest to children, while the latter part will be participated in by the children themselves.

The M. H. C. work has grown rapidly throughout New Hampshire. Miss Marie Bergeron, school nurse at Keene, reports:

"We have given the charts to the children of seven of our schools, giving a special hygiene talk explaining and emphasizing the importance of each chore. The teachers have also used each statement as a hygiene lesson topic, making the health charts a part of the children's regular school work. The performing of each chore is to be their home duty in hygiene work, and as an added incentive the children are to be graded on their hygiene work on the results of their charts."

Testimonials have been received from various sources as to the benefit derived by parochial schools from the Crusade. The following letter was addressed to the National Association by Right Reverend M. J. Gallagher, bishop-elect of Detroit and Administrator of Grand Rapids:

"Having observed the work of the Modern Health Crusade movement in our parochial schools, I believe it is a valuable method of teaching the children personal hygiene. I take pleasure in recommending it to other schools. The literature used and the methods of handling the work as promoted by the National Tuberculosis Association and its representatives are in my opinion worthy of highest endorsement."

Dr. Willard B. Howes, medical inspector of school children at Framingham, Mass., reports that his work has been easier since the Crusade was introduced in the schools. Another report from Framingham attributes to the Crusade the transformation of one home from a condition of constant dirt to one of neatness. It is a home where a new arrival has come with yearly regularity. The attending physician remarked that household articles which seemingly were never picked up had found their places after the children and parents took up the health chores.

Miss Nina Spaulding, of Jaffrey, N. H., states that there has been a marked improvement in the personal appearance of the children whom she has enlisted.

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plays were put on, in co-operation with the Junior Red Cross.

Two leaflets were distributed in large quantities. One, entitled "The Ten Commandments," attractively printed in two colors, gave in Biblical language the chief rules for protection against tuberculosis. The other contained more detailed information, with address and hours of clinic.

Dr. W. R. Vis, whom Grand Rapids has engaged as tuberculosis specialist, had a large part in the exhibit's preparation.

The Sectional Conferences

Three of the six scheduled sectional conferences were held during the month of October: the Northwestern at Spokane, the Southwestern at Denver and the Mississippi Valley at St. Louis. In spite of war conditions and difficulties of travel, the attendance at each of these conferences was larger than had been anticipated and represented the best of the tuberculosis workers in their respective territories. Naturally the programs of all of the conferences dealt largely with war problems.

Resolutions

With regard to definite action taken at the conferences, the Northwestern group passed the following resolution on the construction of a new Army hospital in the Northwest:

Federal Hospitals

"Resolved, That it is the sense of this conference that returned tuberculous soldiers from the Northwestern states should be hospitalized and treated in the Northwest."

Indigent Consumptives

At the Southwestern Conference discussion centered largely upon the problem of the indigent migratory consumptive. After spending practically more than a day in the discussion of this topic, the conference arrived at a suggestion for the solution of the problem as indicated in the following resolution:

"Whereas, The migratory and careless consumptive constitutes a distinct public health menace, and in the cases of indigent persons such migration is productive of unequal social, financial and civic burdens, and

"Whereas, This problem is one of intimate concern and peculiar significance to the States of the Southwestern Tuberculosis Conference, and

"Whereas, We believe that Federal assistance and co-operation is essential to the control of this migration between all States and not of any particular section;

"Therefore, Be it resolved by the representatives of the various cities and States assembled at this Southwestern Conference:

"First: That we urge the establishment of a Division of Tuberculosis within the United States Public Health Service, provided with adequate funds and personnel.

"Second: Since the paramount principles of the treatment of tuberculosis are proper and adequate care, food, rest and home association, we pledge our efforts to discourage the migration of patients who sacrifice these for the single consideration of climate.

"Third: To instill into the public mind these facts by a nation-wide educational campaign we solicit the aid of the National, State and Local Tuberculosis Associations, the American Red Cross, and all State and Governmental agencies.

"Fourth: We further urge the appointment of a special committee of the National Tuberculosis Association for the energetic prosecution of the program, which committee shall be instructed to report the result of its activities and future plans at the next annual meeting of the National Association."

The Northwestern Conference also appointed a special committee to consider the case of the migratory consumptive.

The following significant resolutions were among those adopted by the Mississippi Valley Conference:

Tuberculosis vs. Health Associations

Whereas, Tuberculosis has become one of the greatest medical problems of wartime, and gives promise, in the light of previous experiences, to become even of greater magnitude during the period of reconstruction after the war, and

Whereas, The American Red Cross and federal agencies have imposed upon the organized tuberculosis associations of the nation the burden of aiding in the care of thousands of returned tuberculous soldiers and other important wartime tuberculosis work, and,

Whereas, Tuberculosis work is of such specialized character that it cannot be effectively assumed by general health agencies without radical adjustment of their methods and programs, therefore,

Be it Resolved, That the amalgamation of tuberculosis agencies with general health agencies be discouraged until after the war or until the tuberculosis problems of the war have been satisfactorily met.

Pasteurization of Milk

Resolved, that in order to secure the eradication of bovine tuberculosis from the human race, this conference endorses and recommends the boiling or pasteurizing of all cow's milk preliminary to use in any form as human food; and urges that wherever necessary compulsory legislation be enacted to this effect and for this purpose.

Postponed Conferences

As the BULLETIN goes to press, it is impossible to announce finally all of the details regarding the postponed conference. It has been decided, however, to hold the North Atlantic Conference at Pittsburgh on December, 6th and 7th. It is hoped that practically the same program as originally prepared can be secured for this conference.

It is planned to hold the New England Conference at Providence on January 10th and 11th, and the Southern Conference at Birmingham, Ala., the latter part of January. More definite announcement with regard to the conferences will be given in the December BULLETIN.

More About Work for Negroes

Supplementing the account of tuberculosis work among Negroes which appeared in the BULLETIN for September, several additional items are reported below.

North Carolina Educates

In North Carolina it is rather difficult to draw a sharp line between the official anti-tuberculosis activities of the state board of health and the activities of the unofficial tuberculosis agency, as Dr. L. B. McBrayer heads the bureau of tuberculosis of the state board and is also the executive of the unofficial organization.

The following enterprise, however, as described by Dr. McBrayer is a recent letter, appears to be under the auspices of the state bureau: "I believe we have done among colored teachers in North Carolina the most far-reaching piece of educational work this summer for the money spent," says Dr. McBrayer, "that has ever been done anywhere. We employed a negro school teacher, a bright colored woman, who had been promoted from the teaching fraternity to what we call a rural supervisor of colored schools; one of these usually to a county, though she had two; she had also had a couple of years in training school for nurses. She visited every summer school and every teachers' institute that she could get to, which covered nearly all of them, and she would give out to the teachers present—usually from fifty to one hundred and fifty—the M. A. BULLETIN and a leaflet we publish entitled, 'How to Take Care of a Tuberculosis Patient.' The next day at a certain hour she would hold class on these pieces of literature and when she had finished she would insist that the teachers go home and do the same thing with their classes in school, advising them that literature would be furnished free from this office. At an evening hour she gave a lantern slide lecture on the war and tuberculosis."

A West Virginia County

Good headway is reported by the association of Kanawha County, West Virginia. Referring to a new sanatorium for Negroes the association writes: "With the government prohibiting extensive building it looked as though the institution, the bill for the appropriation for which passed the legislature almost two years ago, would still be an ideal for the future. However, the problem is beautifully solved. The state board bought the town of Ken Mar, really only an abandoned lumber camp. The buildings will be remodeled and fitted up as shacks, and in a short time will be ready to receive patients. Dr. B. F. Aichlow, appointed superintendent, is a colored physician of unusual intelligence, having done considerable work for the West Virginia Anti-Tuberculosis League."

Fighting Influenza and Consumption In Its Wake

Wherever the influenza epidemic has struck, there anti-tuberculosis agencies and workers have joined at once in the fight against it, and, in anticipation, against the aftermath of tuberculosis which will follow it unless the necessary precautions are taken now. Their enlistment in this emergent counter-attack against disease has been limited only by the extent to which they themselves, from the staff of the National Association down, have suffered within their own ranks.

"Beware Tuberculosis *After* Influenza"

As previous epidemics of this kind have produced a marked increase in the tuberculosis death rate, the National Association, with a view to heading off a similar death-crop this time, has rushed out for widespread popular distribution a little four-page leaflet entitled "Beware Tuberculosis *After* Influenza." This leaflet, which was prepared in consultation with medical authorities, gives briefly and simply the chief rules for the avoidance of influenza and of tuberculosis afterwards.

The plan is to sell the leaflet at cost to state and local tuberculosis and health associations. Space is left on the first page for the imprint of the distributing agency. Sample copies have been sent to all state associations (and through them to local societies), all state boards of health and the health officers of large cities, and orders are now being received. The leaflet will be supplied at $1.60 per thousand copies.

Posters

A set of seven anti-influenza posters, one of which is reproduced on this page, has been prepared by the National Child Welfare Association, 70 Fifth Avenue, New York. The sketches illustrating these are in bold outline, with a humorous turn, and the text is brief and simple. Prices may be obtained and orders placed at the address above given.

State Associations Act

Space permits only referring briefly, in a representative way, to what some of the state tuberculosis associations are doing. The secretary of the New Hampshire association writes: "A considerable part of our efforts has been devoted to aiding in the influenza epidemic. We have loaned for this purpose the services of our state nurse as well as those of our local nurse in Manchester and Nashua." The Utah secretary reports: "We have placed the entire resources of the organization at the disposal of the State Board of Health until the epidemic has been checked. Two of our nurses are out in the field organizing and directing volunteer workers, the third is working in one of the emergency influenza hospitals. I have been traveling as a special agent of the State Board of Health. As soon as the epidemic has subsided we will return to our usual work."

The Illinois, Maine, Massachusetts and Wisconsin associations have undertaken extensive newspaper and other educational publicity bearing upon influenza and tuberculosis. In Illinois the possible after-effects of the epidemic have been used as a clinching argument in the campaign for county sanatoria. "The measure of our patriotism," says a Maine leaflet, "may be indicated just as truly by *where we spit, and how we cough and sneeze*, as by the number of W. S. S. or Liberty Bonds we buy." The Massachusetts Public Health Committee, formed recently to conduct joint publicity for some half-dozen health agencies, including the state tuberculosis association, ran a quarter-page ad, with instructions for householders, workers and nurses.

The Wisconsin association has taken a different attitude than the prevailing one as to the closing of motion picture theatres. It proposes rather to utilize them for health advertising, and suggests they display, at the beginning of and at intervals in each performance, a slide saying "Use your handkerchief, if compelled to cough or sneeze, and stop Spanish Influenza."

The Montana association has probably gone beyond any other in the direct expenditure of funds. It has appropriated $2,000 to the State Board of Health for use against the epidemic, under the association's general supervision.

Some Local Work

Among the local tuberculosis associations heard from are those of Rochester, N. Y., Minneapolis, Cambridge, Mass., Schuylkill County, Pa., and St. Louis. Rochester is giving special attention to street car advertising. Minneapolis has published a leaflet in two colors; the first page showing a child sneezing, with the caption "If you cover your cough and sneeze, you will stop this dread disease."

Boys Help in Cambridge

The Cambridge association has issued a special leaflet on the after-effects of influenza, which has been sent into every home. The method of its distribution, as described by the secretary, was ingenious. "A group of boys has been organized, who go around with our letter-carriers to distribute such material. Each letter-carrier selected a boy from his route, who he thought would be interested and dependable. The boys were inducted into service by the Mayor, and christened Uncle Sam's Postal Scouts. The work is thus supervised by the letter-carriers, who feel a responsibility in the matter, because they selected the boys, and the plan affords an easy way of covering the entire city, with no planning on our part. It has worked so well that I am glad to recommend it to other cities."

Keep Your Sneeze to Yourself

(One of the posters of the National Child Welfare Ass'n.)